

Alabaré Newsletter

Winter 2018



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Your support is saving young lives like Sam this Christmas

Sam, aged 16, became homeless after suffering from abuse at the hands of her family. Thanks to generous supporters like you, we were able to provide a home, comfort and safety to Sam and over 100 young people like her last year.

Your support is giving a future of hope to homeless young people like Sam who became homeless at just 16

Sam was born into an unconventional family with strict rules that many young people her age would find exceptionally restrictive. Tragically she was also subjected to both sexual and mental abuse from members of her own family. These traumatic circumstances led to Sam fleeing the family home as she sought to escape from the shocking maltreatment.

When she arrived at our services, staff noticed that Sam had noticeable scars from self-harming. The effects of her upbringing had understandably left a lasting impact on her emotional well-being. Slowly by working with her Alabaré Support Worker, Sam began to open up about her feelings. Sam engaged with staff during creative activity sessions as well as through

singing, a great passion of hers. She is much more confident now and her

“Alabaré have been amazing - they have helped me so much and I will always be grateful”

progress at college means Sam is now focused on her ambition of going to university to study languages.

Why we need your help this Christmas



Youth Homelessness Facts

- There are an estimated 86,000 homeless young people in the UK.*1
- A recent report suggested that one in five young people in the UK have sofa-surfed in the past year and almost half of them have done so for more than a month.*2
- Over 80% of homeless youths have a diagnosed mental health issue and 18% of homeless young people have attempted suicide.*3

Alabaré provide a Drop in Centre, emergency shelter and supported accommodation to homeless young people and young mums and their babies. We don't just provide a warm place to call home – our team work on the root causes of homelessness to ensure our young people are able to leave homelessness behind for good.

Donate - alabare.co.uk/donate

Winter Provision for rough sleepers



Helen had been homeless for some time. Having spent the last of her money on B&Bs she was forced to consider sleeping rough. With a severe storm approaching she needed to find safety fast. Thankfully, our emergency shelter was able to take her in; *“It was a godsend. I finally felt safe. I could have been in serious trouble.”*

Thanks to your support - our services will support over 160 homeless people tonight.

This winter, we are pleased to have secured more funding from Wiltshire Council and now have the chance to help even more rough sleeper across the county. From now until March, we are providing emergency accommodation at Alabaré Place in Salisbury, Unity House in Chippenham and through our new Winter Provision in Trowbridge.

During the day, rough sleepers will be able to get support from our Drop In Centre team in Salisbury and at Unity House. This is fantastic news.

With your support, we can provide extra support to people using our emergency shelters this Winter.

Naomi, our Unity House Manager says,

“We are extremely grateful to be able to provide a roof over the head of people who have been through the pain and trauma of living rough. But having beds available to help people off the streets is just the first part of their journey. We need to make sure that we can give each of these people the opportunity to find a settled home and a life away from the streets for good.”

“The great news is we have the homes, and a wonderful team of dedicated of staff and volunteers in place to help; we have the expertise to provide the training to make sure residents can gain the skills to manage their own future tenancies and break the cycle of homelessness once and for all.”

We are extremely grateful for the

*4 Bureau of Investigative Journalism *5 Shelter 2018 *6 Shelter 2017



“Having beds available to help people off the streets is just the first part of their journey.”

support you give us. Your donations enable us to welcome homeless adults, young people, mum's with babies, and give them the support and training they need to recover from their time spent homeless, and move on to successful independent lives.

“We're here to break the cycle of homelessness once and for all.”

Homelessness Facts

- More than one homeless person dies every day in Britain.*4
- At least 320,000 people are homeless in Britain.*5
- 1 in every 200 people are now homeless.*6

Alabaré Events



Glow In The Park: Longleat

In September we teamed up with Glow in the Park for another epic Glow Run event at Longleat Safari Park!

3,300 people joined us to jog and dance their way around the different zones for a fun-filled night, all whilst raising funds to help us end homelessness.

There were some very special guests at this year's event as we were joined by Viscountess Weymouth and Hollywood stars Idris Elba and Luke Evans, who got our Glow Runners pumped up during the energising warm-up.

We are incredibly grateful to all of those who came along to support our event and also to those who gave up their time to volunteer on the night. Our special thanks go to Longleat Safari Park, Viscount and Viscountess Weymouth and teams Serve On and Team Rubicon for their support.

Gloucestershire Salutes

Over 600 people attended our 'Gloucestershire Salutes' event as we paid a special tribute to the Armed Forces both past and present from the county. The evening at Gloucester Cathedral marked 100 years since the end of World War One, the formation of the RAF and recognised the contribution made by the people of Gloucestershire.

Amongst the fantastic musical performers were the D-Day Darlings, the Gloucestershire Symphony Orchestra and the Gloucestershire Police Male Voice Choir. The evening was compered BBC Gloucestershire's Steve Knibbs and saw speeches from guests including BAFTA Fellowship recipient and war correspondent, Kate Adie CBE and General Sir Mike Jackson GCB, CBE, DSO, DL. Our special thanks go to Anthony and Amanda Raybone for organising the evening and our Gloucestershire Ambassadors for all of their continued support.



Homes for Veterans Skydive

We would like to say a big thank you to all of our incredible skydivers who joined us at Old Sarum Airfield in November. A total of 100 skydivers took to the skies, commemorating 100 years since the end of World War One. All our jumpers have raised vital funds for our Homes for Veterans which provide shelter and support to vulnerable ex-service personnel.

Our skydivers included; Wiltshire Chief Constable Kier Pritchard, the Mayor of Bristol Marvin Rees, High Sheriff Nicky Alberry and High Sheriff Mark Thistlethwayte.

Wiltshire Police Constable Kier Pritchard (pictured) said;

"I'm skydiving to commemorate 100 years of the end of World War One, to show respect and also to remember those who served. I'm also jumping to raise awareness for the tremendous work that Alabaré do for people who have suffered from the tragedy of war."

Upcoming Events - Sign up now



The Big Sleep - Salisbury

Our Flagship event, The Big Sleep at Salisbury Cathedral welcomes everyone who want to take a stand against homelessness and sleep out for one night to raise awareness.

1st February 2019

www.thebigsleep.org.uk



Wing Walking

Join us for the ultimate adventure on the wings of a 1940's Boeing Stearman biplane to commemorate the 75 years since D-Day and raise vital funds for Alabaré.

30th July 2019

www.wingwalking.org

Find out
more about
our events:
alabare.co.uk

Interested in volunteering?

Call our team:
01722 344470

“With encouragement, the clients seem to be able to turn their hand to all sorts of things.”

Jenny volunteers at each of our Development Centres, having previously worked for the NHS.

Spending one day a week at each centre, Jenny is able to help out in numerous different ways. At Old Sarum she works on a variety of horticultural related tasks including topdressing plants, weeding and arranging the presentation of the shop. At Barford, Jenny's main role is in the

backroom, providing IT support for the clients' various life skills courses. But she also assists with the baking too!

“It seems to me that this is what Alabaré is all about – respecting and enabling each other's right to participate. With support and encouragement, the clients seem to be able to turn their hand to all sorts of things. It's a real privilege and pleasure to work alongside the clients. I should have volunteered earlier.”



Throughout the Autumn months our Development Centres have been busy hosting a variety of different events.

Members of the public were invited to their Old Sarum's free chilli tasting days to try the range of chilli relishes and products hand made at the centre. The Centre also hosted a free family fun Halloween crafting day. Old Sarum will continue to open its doors to the public through Winter from Monday - Friday,

from 9am - 4pm.

At Barford, the team spent the past few months busily preparing for their Christmas Fair. Clients have made use of our fantastic facilities to create some amazing hand made crafts.

Find us both on Facebook
[@OldSarumGardenCentre](#)
[@BarfordDevelopmentCentre](#)

Tevita, Royal Navy, served for 8 years before he became homeless

Tevita is one of many Veterans who are homeless every night across Britain. We believe no Veteran should be forced to sleep on the streets.

Tevita served in the Royal Navy for eight years and saw five tours of action, including to the Persian Gulf and the Horn of Africa. Having been honourably medically discharged after injury he struggled with the transition back into civvy street.

Tevita sadly found himself homeless, with nowhere to turn. Our Gosport Homes for Veterans were able to provide him with a room and began to support Tevita to deal with his problems.

Tevita was eager to get back into education and employment and not let his PTSD hold him back. Since living with us, he has gone back to study at Portsmouth University where he completed his BA Hons in Law and International Relations. Tevita is now studying for his Masters in Public Administration. He is also passionate about the improvement of Veterans' welfare in the UK.



After completing his degree, he now wants to use his qualifications to seek employment within the civil service.

“The staff understand the needs of a Veteran, especially those whom have been discharged with the burden of medical issues.”

Yana and our team at Gosport are incredibly proud of Tevita and achievements. They are looking forward to helping him move into independent accommodation.

Community



The Sewing Soldier supports our Veterans

Lt. Col. Neil Stace will be spearheading our “Flags of Thanks” Project as part of National Armed Forces Day celebrations next year. Also known as the BBC’s Sewing Soldier, Neil will be asking the nation to show their gratitude for the service of our Military, by helping to design and sew specially created flags. Everyone is invited to make flags at home or take part in one of our workshops which will take place in the run up to Armed Forces Day.

The flags will be displayed at St Thomas’ Church in Salisbury and then made into items such as blankets, hoodies or sleeping bags, and sold to raise funds for our Homes for Veterans or given to our clients.

Neil says, *“I am delighted to be supporting Alabaré, whose work with military Veterans is truly inspiring.”*

Churches Gather for World Homeless Day



Our World Homeless Day Afternoon Tea in October at The South Canonry raised vital funds for Alabaré’s and Friends of The Connection at St Martin’s work.

Our thanks go to The Rt Reverend Bishop Nicholas and Mrs Helen Holtam, Salisbury Cathedral and all those who came along for cakes!



Emmaus Community Faith Day

At our September Faith Saturday, clients from our learning disabilities services gathered to eat together and explore Jesus’s parable of the mustard seed. Through storytelling, drama and craft we shared how ideas of growing respect.

“A room is so much more than a place to sleep - it’s home”

Jacob came from a house where he felt unhappy and unsupported. He was desperate to go to college, but his parents didn’t want him to.

“Since moving into Alabaré’s young peoples home, I have successfully completed my first year of college and came out with the highest grades in my class (distinction). I am doing lots more activities - including martial arts and Jeet Kune Do.”



“Coming to Alabaré, I feel I have gained my independence by having more appropriate support, and space and time to myself. I have had more freedom here and I feel much better in myself. Whilst feeling a little apprehensive, I feel I am ready to move on and start a new chapter of my life. I am looking forward to completing my second year at college and I hope to become a physiotherapist. To do this I will have to go to university. I want to go further with Jeet Kune Do and hopefully one day be in charge of an organisation!”

If you would like to make a lasting difference to homelessness, why not consider sponsoring a room or leaving a legacy?

By sponsoring a room for £12 a month you can help someone escape the devastation of homelessness for good.

By leaving a gift to Alabaré in your Will, you can help us continue be there for homeless and vulnerable people who have no where else to turn, long into the future.

www.alabare.co.uk / 01722 344484.

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